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- A spiral-bound notebook is shown with a white card placed inside. The card has a list of seven numbered steps written in black ink. The steps are:
1. Eat breakfast and clear away dishes.
  2. Get dressed.
  3. Brush teeth, wash face and comb hair.
  4. Put on socks and shoes.
  5. Make bed.
  6. Organize backpack for the day.
  7. Use the bathroom before leaving for school.